

**AMENDMENTS TO THE CLAIMS**

Claims 1-41 (Canceled)

42. (New) A low-energy-diet comprising as ingredients sources of protein in an amount of from 50 g to 80 g per day, carbohydrate in an amount of from 70 g to 120 g per day, fat 5-20 g per day, including at least 3 g middle chain triglycerides per day, and optionally minerals and pH-regulating agents, wherein one or more of the ingredient(s) has effect on at least two of the following mechanisms
- the basal metabolic rate, and/or
  - the protein metabolism, and/or
  - the energy expenditure,
- when the low-energy-diet is administered as the main or sole nutrition, and wherein the diet has an energy content in the range of from 600 kcal/d to 1200 kcal/d.
43. (New) The low-energy-diet according to claim 42, wherein the diet has an energy content of approximately 800 kcal/d.
44. (New) The low-energy-diet according to claim 42, wherein the source of protein is selected from casein, pork protein, and/or soy protein.
45. (New) The low-energy-diet according to claim 44, wherein at least a portion of the source of protein is soy protein.

46. (New) The low-energy-diet according to claim 42, wherein the diet comprises the protein source in an amount of from 60 g protein to 75 g protein.

47. (New) The low-energy-diet according to claim 42, wherein the diet comprises the carbohydrate source in an amount of from 80 g carbohydrate to 110 g carbohydrate.

48. (New) The low-energy-diet according to claim 42, wherein at least a part of the carbohydrate source is selected from dihydroxy acetone phosphate and/or pyruvate.

49. (New) The low-energy-diet according to claim 42, wherein the medium chain triglycerides are selected from C6 triglycerides, C8 triglycerides and C10 triglycerides.

50. (New) The low-energy-diet according to claim 42, wherein at least 3 g of the fat source is fish oil.

51. (New) The low-energy-diet according to claim 42, wherein the diet comprises pH-regulating agent in an amount sufficient to reduce protein degradation.

52. (New) The low-energy-diet according to claim 42, wherein the diet comprises bicarbonate in an amount of from 50 mmol/d to 70 mmol/d.

53. (New) The low-energy-diet according to claim 42, wherein the diet comprises iron in an amount of from 20 mg/d to 30 mg/d.

54. (New) The low-energy-diet according to claim 42, wherein the diet further comprises dietary fibers.

55. (New) The low-energy-diet according to claim 54, wherein the dietary fibers are selected from barley fibers, sugar beet fibers and oat fibers.

56. (New) The low-energy-diet according to claim 42, wherein the diet further comprises magnesium.

57. (New) The low-energy-diet according to claim 56, wherein the magnesium is added as MgCl.

58. (New) The low-energy-diet according to claim 42, wherein the diet is in the form of powder.

59. (New) The low-energy-diet according to claim 58, wherein the powder is capable of being suspended or solved in liquid, such as liquid selected from water and milk.

60. (New) The low-energy-diet according to claim 42, wherein the diet is in the form of ready-to-drink product.

61. (New) The low-energy-diet according to claim 42, wherein the diet is in the form of bar product.

62. (New) A method for treating overweight comprising administering to an individual in need thereof an effective amount of a low-energy-diet as defined in claim 42 as the main or sole nutrition daily.